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GUN-SHAPED iPHONE CASE CAUSES PANIC

COVERAGE IN
metroNEWS

PHOTO: CONTRIBUTED

Pot shop reopens

HEALTH

Owner won't sell marijuana, but says people can smoke inside

A week after being raided by police, the owner of Your Medical Cannabis Headquarters has reopened his doors.

Police raided Glenn Price's medical cannabis dispensary last week and charged him with several drug-related offences.

Price, 54, says he reopened his store Tuesday to continue to educate people about medical marijuana.

Price says he won't be selling marijuana, but people can smoke in the building, which he says isn't against his bail conditions.

He says as long as he isn't smoking it and doesn't have it on his

person, he's fine.

Price is scheduled to appear in court on Aug. 20.

Winnipeg police have said it's illegal to sell medical marijuana unless you are a licensed producer and have the proper documentation, saying otherwise it's just selling street drugs.

Price has said he only provides the product to people with appropriate medical documentation and said he's helped hundreds of people since opening on July 1.

Earlier this year, Health Canada moved to make it legal for licensed providers to sell marijuana in everything from brownies to lip balm.

Vancouver became the first Canadian municipality to regulate medical marijuana dispensaries, requiring operators to pay a \$30,000 licensing fee and locate at least 300 metres away from community centres, schools, and each other.

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PESTS

City set to begin mosquito fogging

Nuisance mosquito counts are rising in Winnipeg, so the city is sending out their fogging trucks to battle back.

The city says they will begin fogging for mosquitoes Thursday night.

Average trap counts in Winnipeg are currently sitting at about 77, and the city said all conditions have been met to start fogging.

Highest trap counts have been found in the southwest part of the city.

The city will fog using Malathion between 9:30 p.m. and 6:30 a.m. in the evenings, and release public service announcements at least eight hours before fogging, to let people know what areas will be treated.

“This warm spell we are having in the next few days will trigger the mosquito activity to be very high,” said Insect Control Branch supervisor Ken Nawolsky.

“And that is actually ideal conditions to do fogging because they will be active in the night time.”

All city neighbourhoods have been grouped into 51 areas for fogging, and people can find out what area they are in by calling 311.

People looking to set up a buffer zone around their house can also call 311.

“

This warm spell we are having in the next few days will trigger the mosquito activity.

”

Ken Nawolsky

Insect Control Branch

DAVE BAXTER/METRO



City insect control worker Kaitlyn Patterson was inspecting nuisance mosquitoes at the city's Insect Control Branch on Wednesday.

DAVE BAXTER/METRO



An artist's rendering shows what the new craft brewery at The Forks could look like.

HANDOUT

New craft brewery coming to The Forks

BEER

Venue now looking for requests for proposals

Dave Baxter

Metro | Winnipeg

Beer lovers will love the newest idea brewing over at The Forks.

On Wednesday The Forks Market announced they want a craft brewery to be part of their “big plans for 2015,” and have put out a request for proposals for The Forks Market Craft Brewery.

“With our goal to create a truly unique, experiential food and drink experience for visitors to The Forks, we’ve decided to pair our revamped Food Hall with a brand new, on-site, state-

of-the-art craft brewery,” says Paul Jordan, chief executive officer of The Forks North Portage.

The Forks Market said it’s ready to commit to building an iconic brewery in the northwest corner, and has released renderings of what the brewery could look like.

“We’ve done the design work, but now we want to know if there is interest and a proponent willing to take on the business.”

The idea is for a 1,750 square foot facility on the ground floor of market that would have a tasting tap room, cold storage, receiving, and an office.

“The craft brewery would use traditional methods to produce a limited amount of beer, generally less than 5,000 barrels annually, and concentrate on selling high-quality, locally-crafted beer on the premises,” said The Forks.

Proposals are being accepted until Sept. 30 at 3 p.m., and if a bid is accepted, construction is set to begin in 2016.

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RESTAURANTS

Manitoba Museum opens two permanent aboriginal exhibits

HISTORY

All 8 Manitoba Treaty medals on display for the first time

Donna Maxwell
For Metro | Winnipeg

Dr. Maureen Matthews is extremely proud of the two new exhibits at the Manitoba Museum and she says while their evolution seemed to benefit from lucky circumstances, she knows for a fact there was no luck involved.

"This exhibit came together through numerous acts of serendipity and I know now that serendipity isn't an aboriginal concept," said Matthews, the museum's curator of native ethnology.

"Things happen for a reason. I have pipes, I have people, I have spirit entities to thank for the way that things come together and I thank them all."

The exhibits — We Are All Treaty People and The Berens Family Collection — opened Wednesday at the Manitoba Museum.

We Are All Treaty People was originally a temporary exhibit with five of the eight Manitoba Treaty medals on display. The permanent exhibit now has all eight medals, along with photographs, pipes and pipe bags on display to signify the First Nations' commitment to the treaty as a sacred undertaking meant to last forever.

The Berens Family Collec-



Dr. Maureen Matthews, curator of native ethnology at the Manitoba Museum, and Elder Charles Nelson listen as Elder Doreen Roulette talks about the new exhibits We Are All Treaty People and The Berens Family Collection. DONNA MAXWELL/FOR METRO

tion takes a closer look at Treaty No. 5, which was negotiated by Chief Jacob Berens at Berens River.

"These two exhibits give voice to the stories of indigenous people whose treaties with the government of Canada really have shaped our province in a significant way," said Scott Craig, chair of the Manitoba Museum board of governors.

"There are eight medals on display in the exhibits and they represent all eight treaties in the province of Manitoba, and this is the first time in our museum's history that all eight medals have been together in one place and it was a long journey in the making to get them here."

James Wilson, commissioner of the Treaty Relations Commission of Manitoba, was

on hand to sign a memorandum of understanding between the museum and the commission with the aim of sharing research and co-operating on exhibition projects. He said the work already done by the two entities shows progress is being made.

"The elders had quite an ongoing debate about whether these artifacts should be displayed in the first place be-

cause there's been a history, globally, between indigenous people and museums. It hasn't been always a positive relationship," Wilson said.

"The elders went back and forth and at one point one of the elders said, 'You know, if we don't display these things, our children won't see them either. So if you are going to display them, here's how to do it properly.'"

INTERNSHIP

Scholar in Residence program announced

Aboriginal students will benefit from an internship at the Manitoba Museum thanks to the Winnipeg Foundation Anonymous Fund, it was announced Wednesday.

The Scholar in Residence program was made possible through the Winnipeg Foundation's Directed Gifts program and will put up to two First Nations, Métis or Inuit students to work with Dr. Maureen Matthews, curator of native ethnology at the museum, for a four- to six-month period.

Rick Frost, CEO of the Winnipeg Foundation, said the Scholar in Residence program will be beneficial to all involved.

"I think everyone would acknowledge that when you bring interns into an organization, young people, they bring new perspectives, they bring value, just in their presence, so there will be a mutually beneficial process, we hope, and certainly one which will hopefully make this program overall a more successful venture," Frost said.

For more information on the Scholar in Residence program, go to manitoba-museum.ca.

DONNA MAXWELL/FOR METRO



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BBQ & Blues fest moves to new home

Event to be in front of Burton Cummings Theatre now

Nigel Moore
For Metro | Winnipeg

The Winnipeg BBQ & Blues Festival is about to drop some good ol' southern culture onto the corner of Smith and Ellice next week.

The fourth annual festival is leaving Shaw Park, its location for the two previous years, to become a street festival spanning three blocks of Smith Street in front of the Burton Cummings Theatre on Aug. 21 and 22.

A lineup of Canadian and international blues and rock artists will be featured on two stages. Big Sugar and guitarist David Wilcox will headline inside the theatre.

As before, the music will be paired with a Kansas City Barbecue Society-sanctioned competition with a \$10,000 cash purse, open to amateurs and professionals.

Blues licks and hickory smoke have always belonged together,



Big Sugar and David Wilcox, right, will headline Aug. 21 and 22 at the Winnipeg BBQ & Blues Festival. Just follow your nose downtown to the barbecue competition. COURTESY EONE MUSIC

said Rick Fenton, artistic director of the festival.

"Barbecue came out of the fact that people (in the southern states) didn't have much money and couldn't afford to buy the higher-quality cuts of meat. They learned that if they slow cooked the cheaper cuts, they turned

out to be absolutely beautiful," said Fenton by phone from his office in Toronto.

"Back in the day, it was get yourself a brisket or a piece of pork, gather 20 or 30 of your best friends and play some music. The blues was the music of that culture, in the South," he said.

Inspired by that tradition, organizers hope some boogie-woogie from the outdoor stage and the sweet smell from the barbecue smokers will animate the city centre.

"We were talking with the City of Winnipeg and the Downtown BIZ and realized how well the site



will work," said Fenton.

Winnipeg blues artists will always have a place at the festival. "I stress this every year," said Fenton.

"We have an amazing roster of fantastic talent at our fingertips and we feel it's important to showcase those artists."

The Crooked Brothers, The JD Edwards Band, The Perpetrators, The Noble Thieves and The Windups will all play this year.

+ TICKETS

Single and two-day festival passes range from \$37.50 to \$80 and include reserved seating inside the Burt. A \$12.50 admission ticket will get you into the street festival. All are available through Ticketmaster.

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Tina Fontaine was pulled from the Red River on Aug. 14, 2014. A vigil was held two days later. HANDOUT

Searching for answers

TINA FONTAINE

Family of teen pulled from river losing hope for justice

Nearly one year after Winnipeg police recovered the body of 15-year-old Tina Fontaine from the Red River, her family says they are no closer to getting answers about her death.

"It doesn't matter how long it's been," said Thelma Favel, Tina's great-aunt. "It's still just like yesterday to us."

When police discovered the girl on Aug. 17, 2014, her body was wrapped in a bag. Two days later, thousands of Winnipeggers from all walks of life came together to show their anger and sympathy.

"It was the biggest march and vigil I've ever seen," said Bernadette Smith, who marched from Alexander Docks to The Forks that night and still remembers the tears streaming down her face.

"She's left a legacy that people can't ignore," said Smith. "That this is a real issue and that this is continuing to happen and that these women are real."

With the discovery of Tina's body in mind, Smith began to organize a group of people that would eventually become the group known as "Drag the Red."

In the year since, they've continued to search the river for clues into other disappearances.

"I hope they find more closure for more families," said Favel about the group. "It will help. It helps to bring them home anyway."

Favel said homicide investigators gave her frequent updates on the case in the first few months but she has heard very little from them recently, causing her to lose hope Tina's killer will ever be brought to justice.

"With Tina's case, I think it's just going to be dormant," said Favel. "It's going to be like the rest of the cases. It's just going to be put on the shelf and it's going to be cold."

IN BRIEF

Cash for kitty fixin'

The City of Winnipeg is taking some cash out of its kitty to help you fix your kitty.

A new grant program, called Fixit Spay/Neuter, has been launched to help control the city's cat population.

Half of the fees collected by the city for cat licensing will go into the Fixit program. Non-profit groups, veterinary clinics, animal hospitals

and educational institutions can apply for money to run quality programs to spay and neuter high volumes of cats at a low cost to the community.

The city charges \$15 to licence a spay or neutered cat and \$50 for cats that aren't.

Applications to receive a Fixit grant must be made by Oct. 1. They will be awarded Dec. 1 of each year. METRO

RCMP

Man spotted with gun-shaped phone case

A Manitoba man has turned his cell-phone case over to police after it caused panic on a crowded public beach.

The black case, shaped like a handgun, was tucked in the waistband of the man's shorts on Sunday while he was at Grand Beach north of Winnipeg.

RCMP were called and responded with real rifles and Tasers.

They found the man sitting on the beach with family members, including children, and quickly determined he was armed with only an iPhone.

Sgt. Bert Paquet says the 34-year-old man was questioned and voluntarily gave officers the case for disposal.

He will not face charges.

"While the individual knew this item to be a fake gun, our officers did not," said Paquet.

"Some people do not realize the risks associated with openly carrying or displaying these replicas in a public space. Anyone who owns this type or similar devices should safely dispose of them immediately."

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Is that a gun in your pocket? Nope, it's a phone case. HANDOUT

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CYCLOSPORA

Outbreak remains mystery

Some sort of fresh produce has been making a number of Canadians sick this summer. But with grocery stores a veritable cornucopia of fruits and vegetables, how do public health experts figure out what is to blame?

It ain't easy. In fact, it takes a lot of dogged work to figure out what is the cause of something like the Cyclospora outbreak that has sickened more than 80 people in Ontario, British Columbia, Alberta and Quebec this summer.

And given the fact that it's actually been several weeks since the most recent person to be diagnosed became ill, chances are decent the source of this outbreak is going to remain a mystery.

"At this point in time since nothing's really coming up strongly I suspect that there is diminishing likelihood that we will detect the cause or causes," says Dr. Doug Sider, medical director of communicable disease prevention and control at Public Health Ontario.

Sider says it appeared for a time that the culprit might have been contaminated blackberries, but some of the people who were ill did not eat that type of berry.

Ontario has reported the lion's share of the cases in this outbreak is caused by a parasite called Cyclospora. The bug only infects people, triggering a gastrointestinal illness called cyclosporiasis.

Its presence suggests some human feces came in contact with the produce carrying it.

THE CANADIAN PRESS

Harper was briefed only in general, says Wright

SENATE SCANDAL

Witness leads court through Duffy scenario inside PMO

Inside the Prime Minister's Office, they called it the "scenario for repayment" — a plan that would make the Mike Duffy expenses scandal quietly go away, without anyone suggesting the senator had done wrong.

Nigel Wright, the marquee witness at Duffy's fraud, breach of trust and bribery trial on Wednesday, said he didn't tell former boss Stephen Harper that the deal involved someone else paying Duffy's contested expenses.

But several of Harper's closest aides were privy to the draw-out, often tense negotiations that went on behind the scenes in 2013. Harper was briefed in general, Wright said.

"I told (Harper) that Sen. Duffy was agreeing to repay; I gave him — in very broad terms, not in detail — the media lines," Wright testified.

Duffy has pleaded not guilty to 31 charges in connection with his Senate office, living and travel expenses. Wright's testimony goes to his secret \$90,000 repayment of Duffy's expenses, which has been framed by the Crown as being orchestrated by Duffy.

Wright, who flew in from London where he now works, answered Crown attorney Jason



Nigel Wright, former chief of staff to Prime Minister Stephen Harper, testifies at the Mike Duffy trial in Ottawa on Wednesday, in this artist's sketch. GREG BANNING/THE CANADIAN PRESS

Neubauer's questions with long, detailed answers. He recalled dates and specific phone calls and admitted to feeling angry toward Duffy at different junctures — and ultimately regret.

"If it became public, I thought it would be somewhat embarrassing," he said. "But there were a whole lot of connotations associated with it that I didn't really think through. If I had, I might

not have done it."

Wright's highly anticipated testimony was accompanied by 426 pages of internal emails that were filed with the court.

From the moment the media began asking about the senator's residency issues in late 2012, Duffy dug in his heels.

The senator filed for expenses on the basis that he was travelling and living away from his

"principal" residence in Prince Edward Island, even though he lived most of the time in Ottawa.

He told Wright the Senate rules were not clear and repaying the money would put him at risk of being declared not qualified to sit in the upper chamber.

While Wright said Duffy might have arguably been legally entitled to the expenses, he felt that common sense dictated that

he shouldn't claim for expenses for somewhere he "hung his hat at night."

Ultimately, Duffy and the PMO reached an agreement that would see his expenses repaid by the party, the Deloitte audit curtailed, the government defend Duffy's right to represent Prince Edward Island and Duffy keep his mouth shut about everything.

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IN BRIEF

Ex-PQ minister named Peladeau's chief of staff

Former Parti Quebecois cabinet minister Pierre Duchesne is the new chief of staff to party leader Pierre Karl Peladeau.

The ex-Radio Canada reporter was minister of higher education between 2012 and 2014 when he lost his seat in the general election and the Liberals swept to power. Duchesne, 50, has been a strategic adviser to the PQ since June 2014.

THE CANADIAN PRESS

Judge allows sailors charged in sex assault to return to U.K. until trial

A Nova Scotia Supreme Court judge has ruled three British sailors charged with a sexual assault in Halifax can return to the U.K. while on bail. Justice Josh Arnold said Canada has good relations with the U.K., allowing for extradition if the men fail to appear for their court hearing.

Arnold said each of the men will be released on bail of \$10,000 and on condition that they attend court when required.

THE CANADIAN PRESS

NDP, Liberals respond to trial

ELECTION 2015

Leaders take different stances on Duffy case

The NDP wasted little time Wednesday in using the return of Mike Duffy as political leverage against the Conservatives, while Liberal Leader Justin Trudeau seemed to want to wash his hands of it.

With Nigel Wright, Stephen Harper's former chief of staff, on hand to testify at the disgraced senator's trial, Charlie Angus — the New Democrat point man on ethics — was promising to be there to discuss his testimony.

With NDP Leader Tom Mulcair campaigning in Quebec, Angus was also expected to step into the renewed media spotlight to promote an NDP plan to fight corruption in the embattled upper chamber.

Throughout the Senate scandal, Angus has been a



Liberal Leader Justin Trudeau cradles Adalyn Hayes during a campaign visit to the Regina Farmers Market on Wednesday. MICHAEL BELL/THE CANADIAN PRESS

gadfly to Harper, who was attending a campaign event Wednesday in B.C. But his leader got things going during a morning appearance in Levis, Que.

There is more at stake than just Wright and the \$90,000

he gave Duffy to repay questioned expenses, Mulcair told NDP supporters.

"Nigel Wright may be on the witness stand, but it's Stephen Harper who is on trial," Mulcair said.

"Mr. Harper has time and

again said one thing and its opposite during this whole Duffy-Wright affair. And when you say one thing and its opposite, it's quite obvious that both can't be true."

The Conservatives have been convicted of wrong-

doing in the last three elections, Mulcair noted. "With a record like this, Canadians can't let Stephen Harper get away with it again."

Trudeau, however, suggested at a campaign event in Regina that instead of looking at all the mistakes that were made, he wants to move in a different direction — focusing in particular on the economy and the middle class.

"What we see right now is Ottawa is going to be entirely focused on what's coming out of that trial; people are going to be talking about all the things that went wrong with the Harper government," Trudeau said.

"I'm going to be talking about how we fix Canada and how we build a strong economy for the future of Canadians."

The Conservatives are out of steam and out of ideas, and Harper's plan is to stick with a program that hasn't worked, Trudeau said.

"When a plan isn't working, the real risk is sticking with the status quo."

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IN BRIEF**\$6M settlement in case of worker cooked with tuna**

Bumble Bee Foods has agreed to pay \$6 million US to settle criminal charges in the death of a Los Angeles-area worker who was cooked in an oven with six tons of tuna. The settlement includes a \$1.5 million US payment to the family of Jose Melena, who died three years ago in a 270-degree oven at the company's Santa Fe Springs plant. Melena was trapped after a co-worker mistakenly believed he was in the bathroom and filled a pressure cooker with canned tuna.

THE ASSOCIATED PRESS

Colorado may ban 'candy' name on marijuana treats

Edible marijuana products in Colorado may soon come labeled with a red stop sign, according to a draft of new rules released by state marijuana regulators. The state, one of the first to legalize recreational marijuana, might also ban the word "candy" from edible pot products, even if they're sweets such as suckers or gummy chews.

THE ASSOCIATED PRESS

Beauty queen charged with faking cancer

A beauty queen has been jailed on charges she faked having leukemia to benefit from fundraisers, and will be stripped of her title. Online court records show 23-year-old Brandi Lee Weaver-Gates, of State College, was arraigned Tuesday on charges of theft by deception and receiving stolen property. State police say an April bingo benefit raised \$14,000 for the Miss Pennsylvania pageant winner.

THE ASSOCIATED PRESS



Croatia's Prime Minister Zoran Milanovic addresses a news conference in Zagreb after ISIL sympathizers circulated a gruesome image Wednesday on video. GORAN STANZL/THE ASSOCIATED PRESS

Beheading of Croat captive stuns nation

TERRORISM

Surveyor was abducted by ISIL in Egypt last month

In Tomislav Salopek's hometown Vrpolje in Croatia, residents refuse to believe Wednesday's reports that the 30-year-old surveyor appears to have become the first Croat to be beheaded by the Islamic State of Iraq and the Levant (ISIL).

"No, no, no," Goran Blazanovic kept repeating as he sat in

the local cafe filled with pale and quiet guests who were switching from one news portal to another on their smartphone screens, looking for signs that would give them hope that the reports were mistaken.

"Nothing is proven," Blazanovic insisted. "We hope that he will come back home to his wife and children."

Salopek, who was working with France's CGG Ardiseis, was abducted on July 22 in Egypt and appeared last week on an ISIL video as a hostage demanding Egyptian authorities to free "Muslim women," a term referring to female



Nothing is proven ... We hope that he will come back.

Goran Blazanovic

Islamist prisoners detained in a sweeping government crackdown following the 2013 military ouster of the country's Islamist president.

Then on Wednesday, ISIL sympathizers circulated an image on social media that appeared to show Salopek's beheaded body lying on de-

sert sand with a black ISIL flag and a knife planted next to it. The picture or the information about his execution could not be officially verified.

Croatians had hoped diplomacy and reason would prevail and that their citizen would return home to his family, far away from the conflict he had nothing to do with.

Addressing the nation, Croatian Prime Minister Zoran Milanovic urged people not to expose their children to the gruesome image and said "we cannot 100 per cent confirm it is true but what we see looks horrific."

THE ASSOCIATED PRESS

JULIAN ASSANGE

Officials run out of time

Swedish officials said Wednesday they're making last-minute attempts to quiz WikiLeaks founder Julian Assange over sex crimes allegations, most of which are set to expire by next week, but that he would still be wanted for questioning on accusations of rape.

Assange, who escaped a Swedish arrest warrant by taking refuge in the Ecuadorean embassy in London in 2012, is wanted on two allegations of sexual molestation and one of unlawful coercion which expire by Aug. 18 unless he is formally charged. A fourth allegation of rape is valid until 2020.

The 44-year-old Australian, who has denied the allegations, says he has no intention of going to Sweden for fear of being extradited to the United States because of an ongoing investigation into WikiLeaks' dissemination of hundreds of thousands of classified U.S. documents.

Karin Rosander, spokeswoman at Sweden's prosecution authority, said Assange and British authorities have agreed he be questioned in London but that prosecutors have not heard back from the Ecuadorean Embassy.

The Ecuadorean embassy said in a statement Monday that "on no occasion has any representative of the Kingdom of Sweden presented themselves at the embassy in relation to the Assange matter."

One of Assange's Swedish defence lawyers, Thomas Olsson, said that even if all three cases are dropped "it will not change anything for Assange" as the arrest warrant remains in force. "I believe the case should have been closed long ago because the evidence is weak," Olsson said.

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RESEARCH

Octopuses display human-like behaviour

The octopus already is an oddball of the ocean. Now biologists have rediscovered a species of the sea creature that's even stranger and shares some of our social and mating habits.

Biologist Rich Ross at the California Academy of Sciences said a batch of octopuses from Central America just didn't fit the loner profile scientists had drawn for the rest of the species.

While most octopuses live alone, coming together briefly for dangerous mating, couples of this species mate beak-to-beak in a romantic way and stay

together for a few days. But it's more than sex. These octopuses clean food waste from their dens. They twirl their arms the way an old-timey movie villain works his moustache.

The Larger Pacific Striped Octopus — not much bigger than a tennis ball — was found almost 40 years ago off the coast of Panama. Other scientists wouldn't believe it was a separate species so its discoverer, Arcadio Rodaniche, gave up and the species was never formally described or named.

THE ASSOCIATED PRESS



A male Larger Pacific Striped Octopus closes in on a shrimp. COURTESY ROY L. CALDWELL/THE ASSOCIATED PRESS

Iran minister pushes peace

SYRIA

Deadly attacks surge ahead of diplomatic meeting

Iran's foreign minister, who negotiated his country's nuclear deal with world powers, discussed ways of ending Syria's civil war with President Bashar Assad in Damascus on Wednesday, as attacks surged around the Syrian capital, killing at least 36 people and wounding dozens.

Stepped-up rebel shelling and government airstrikes came just a few hours before Mohammad Javad Zarif arrived in Damascus, where he discussed a four-point proposal Iran wants to offer to the United Nations as a way out of Syria's grinding conflict.

That plan, according to a Lebanese politician familiar with the proposal, includes a ceasefire and a power-sharing government that would keep Assad in the picture, at least for now, pending internationally supervised elections.

Syrian state-run TV quoted Zarif as saying after talks with Assad their discussion focused on ways of ending the Syrian



Iranian Foreign Minister Mohammad Javad Zarif speaks during a joint news conference with his Lebanese counterpart Gebran Bassil at the Lebanese foreign ministry in Beirut, Lebanon, on Wednesday. BILAL HUSSEIN/THE ASSOCIATED PRESS

crisis.

"It is time for the other players and our neighbours to take note of reality, listen to the demands of the Syrian people and work for combating extremism and terrorism," Zarif said, referring to the countries backing Syrian rebels.

According to Syria's state

news agency, SANA, Zarif stressed that any solution for the crisis should be "far from any foreign intervention and in a way that preserves the country's territorial unity" and independence. He also reiterated Iran's determination to continue supporting Syria.

But the day's surge in vio-

lence underscored the improbability of efforts to bring about a truce anytime soon in a conflict that has killed more than 250,000 people, displaced half the country's population since March 2011 and allowed the Islamic State of Iraq and the Levant (ISIL) to flourish. Assad has lost control over more than

half the country by some estimates — much of it now ruled by warlords and militias.

The rebel shelling, which apparently was meant to send a message that Zarif was not welcome in Syria, began around the morning rush hour in Damascus. More than 50 shells struck the city, including in the upper-class neighbourhoods of Abu Rummaneh, Baramkeh and Qasaa.

Five people were killed and dozens were wounded, according to Syrian state TV and the Britain-based Syrian Observatory for Human Rights.

"We hid for two hours in the bathroom," said a resident over the telephone from Qasaa, who spoke on condition of anonymity for fear of reprisals. "My children woke up terrified. Our windows were shattered and so was my car's windshield."

Shortly afterward, government warplanes unleashed a wave of airstrikes on several rebel-held suburbs of the capital. The Local Coordination Committees, an activist group, said the air raids killed 35 people and wounded dozens. The Observatory said the airstrikes killed at least 31 and wounded more than 120. Disparate accounts are common in the aftermath of such incidents. THE ASSOCIATED PRESS

IN BRIEF

Gunmen slay four officers at restaurant in Pakistan

Gunmen killed four policemen Wednesday in southern Pakistan, a day after the army said it had arrested a senior member of the Pakistani Taliban and foiled a plot to attack Independence Day celebrations later this week. The police were attacked as they ate at a roadside restaurant in the port city of Karachi, police officer Naeem Sheikh said. No one claimed responsibility for Wednesday's attack.

THE ASSOCIATED PRESS

Ikea stabbing suspect was denied residency permit

Officials said Wednesday the main suspect in a knife attack that killed two people at an Ikea store in central Sweden was due to be deported soon, after his application for a residency permit was rejected last month. Migration Agency spokeswoman Johanna Mahlen said officials had twice rejected an application from the suspect since he arrived in Sweden in 2013, reportedly from Italy where he had been a fisherman. She declined to comment further or give more details. THE ASSOCIATED PRESS

KOS

Greece pledges ship to house growing number of refugees

Locked in a sunbaked football stadium without food, drinking water or sanitation, about 1,000 refugees queued for hours on Wednesday to register with Greek authorities on the island of Kos, which is now at the forefront of a humanitarian crisis sweeping the financially broken country.

After sending police reinforcements, the government promised to charter a commercial ship to house up to 2,500 im-

migrants on the island where authorities have been overwhelmed by a spike in arrivals.

Alekos Flambouraris, an aide to the prime minister, said the vessel would be used to provide shelter and check documents. More details of the plan were to be announced Thursday, his office said.

The order to charter the ship was given after violence broke out in front of a police station on the holiday island, where mi-

grants were lining up to receive temporary residence documents. A football stadium is currently being used to provide shelter for about 1,000 people.

Greece has become the main gateway to Europe for tens of thousands of refugees and economic migrants, mainly Syrians fleeing war, as fighting in Libya has made the alternative route from north Africa to Italy increasingly dangerous. Nearly 130,000 people have arrived

"I was so happy to be alive that I took a selfie."

A refugee named Dirar

since January on the eastern Aegean Sea islands from nearby Turkey — a 750 per cent increase over last year.

Kos mayor Giorgos Kyritsis

welcomed the promised ship, but complained that the radical left-led government did little to help his island until Flambouraris stepped in.

"The government was asleep," he told private Skai TV Wednesday. "How come (now) we can talk normally with one minister?"

Tourism-reliant Kos, which received 7,000 migrants last month and has seen tourist arrivals drop by about seven per

cent this year, is a stark study in contrasts.

Unlike past immigration crises in Greece since the early 1990s, this time the refugees don't want to stay.

Their destinations are wealthy countries such as Germany or the Netherlands, and all they seek from Greece is temporary travel papers to continue their trek through the Balkans and central Europe.

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FINANCE

Greece, creditors assess bailout terms

Details of Greece's latest bailout package were being pored over across Europe on Wednesday as Prime Minister Alexis Tsipras insisted the agreement with creditors would put "a definitive end" to the country's economic uncertainty.

Tsipras has called an emergency session of parliament to discuss and vote on the bill, which includes painful tax hikes and spending cuts, in time for a confirmed meeting Friday of the eurozone's 19 finance ministers in Brussels.

The so-called eurogroup has to sign off on the bailout deal — as do a few parliaments — so the funds on

offer can be released in time for Greece to avoid defaulting on a big debt repayment to the European Central Bank on Aug. 20. The three-year bailout is worth about 85 billion euros (\$93 billion).

To restore trust and rebuild confidence they say has been damaged over the past few months, Greece's creditors have insisted that lawmakers approve about 40 pieces of legislation by Thursday, and meet several other conditions by October.

While all technical aspects of the deal have been finalized, it still needs the approval of the other 18 eurozone nations' finance ministers.

THE ASSOCIATED PRESS

ECONOMY

Air Canada soars to record quarter

Air Canada is on track to a highly profitable year after posting another record quarter as demand remains healthy despite a weakened Canadian economy.

The country's largest carrier benefited from a drop in fuel prices and higher non-fare charges.

The Montreal-based airline said Wednesday its net profit surged 33 per cent to \$296 million in the second quarter. The net income amounted to \$1 per diluted share, up from 75 cents per share or \$223 million in the second quarter of 2014.

Air Canada's revenue for the three months was \$3.414

billion, up \$109 million from the second quarter of 2014.

THE CANADIAN PRESS

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TSX
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GOLD
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NATURAL GAS: \$2.931 US (+8.7¢)
DOW JONES: 17,402.51 (-0.33)



The 2,500 dismissals at Kraft Heinz involve employees in sales, marketing and finance. PAUL SAKUMA/THE ASSOCIATED PRESS FILE PHOTO

Kraft Heinz slashing 2,500 jobs post-merger

CUTBACKS

Executives expect to save \$1.5 billion in annual costs

Kraft Heinz says it is cutting about 2,500 jobs in the U.S. and Canada as part of its plan to slash costs after the food companies combined.

Spokesman Michael Mullen says the affected workers were to be notified in person. About 700 of the cuts were coming in Northfield, Ill., where Kraft had been head-

quartered.

The company would not specify where other cuts were taking place but said that all the jobs were salaried. It said none of the job cuts involved factory workers.

The Kraft Heinz Co. said it had a total of around 46,600 employees before the cuts. That included about 1,900 in Northfield.

When the two companies announced the merger in March, Mullen said Heinz had Canadian operations in Toronto and St. Marys, Ont., as well as a small office in Leamington, Ont.

Kraft had around 2,000

Canadian employees, and according to a filing with the U.S. Securities and Exchange Commission, three distribution centres and two manufacturing and processing facilities.

The job cuts are not surprising, given the reputation of the company's management on Wall Street.

CEO Bernardo Hees had already overseen cost-cutting at Heinz since the ketchup maker was taken over in 2013 in a prior partnership between 3G and Berkshire. That means the cuts announced Wednesday mostly affect people on the Kraft side of the business.

Executives say they expect to save \$1.5 billion in annual costs by 2017.

In a statement, Mullen said Wednesday the job cuts are part of the company's process of integrating the two businesses and "designing our new organization."

"This new structure eliminates duplication to enable faster decision-making, increased accountability and accelerated growth," Mullen said. He said the savings will free up money to be invested back into the company's products.

THE ASSOCIATED PRESS/
WITH FILES FROM THE CANADIAN PRESS



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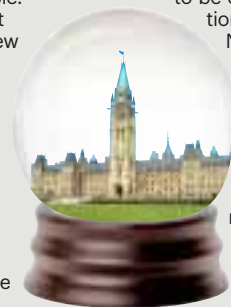
metro's election explainer

This vote could decide the future of the Senate. Here's where the leaders stand.

The trial of senator Mike Duffy on charges of fraud, bribery and breach of trust has many wondering if it's time to clean house at the upper house. Senators are not elected, but appointed by the Governor General at the direction of the prime minister. They serve until age 75, most of their work is taken up by rubber-stamping the House of Commons' bills. Historically this plum post was used to reward friends and allies of the party in power. It doesn't take a psychic to divine that this system of patronage — though it's baked into the Constitution — will fall further out of favour in the future. It's enough to get leaders to peer into their crystal balls. Here's what they're seeing.

CONSERVATIVES: ABOLISH

The PM is a harsh critic of the Senate, saying 21st-century legislatures ought to be elected. But he says major reform, without consent of the provinces and messy constitutional negotiations, is "off the table." Harper hasn't appointed new senators for more than two years, in a bid to get provinces to initiate change. If that doesn't happen, and he's re-elected, he says he may have to resume appointments to get bills passed.



NEW DEMOCRATS: ABOLISH

Dippers are the most voracious critics of the Senate. They want to see the chamber consigned to history ASAP — even if means getting the provinces on board to pass a certain-to-be-contentious constitutional amendment. The NDP's "Roll up the red carpet" campaign literature notes with derision that all but a handful of the senators Harper appointed before his moratorium were major donors to the Conservative Party. The party also decries that the upper house sits for only 72 days a year at a cost of \$116 million to taxpayers.

LIBERALS: REFORM

Liberal Leader Justin Trudeau says the NDP's and Conservatives' prophesying about a future with no Senate is "cynical," "dangerous" and "unrealistic." He argues reopening the constitutional debate — which has been divisive and dragged on for years in the past — could reinvigorate Quebec separatists. Instead, he wants an independent, nonpartisan, "merit-based" panel to appoint senators, a move critics say wouldn't adequately address the problem of patronage.

The election explainer is dedicated to keeping urban Canadians informed ahead of the Oct. 19 vote. Look for it in this space throughout the campaign. Let us know what needs explaining: readers@metronews.ca

ROSEMARY WESTWOOD

metroview

To hear Trump tell it, any fierce woman must be menstruating

If there's one thing American's will never see under a Trump presidency, it's an apology.

That hasn't stop menstruating women from hounding our orange-topped celebrity politician du jour on Twitter, giving him a play-by-play of their periods, tagged #period-sarenotaninsult.

Earlier this week, Trump faced an onslaught of attacks from fellow Republicans after he suggested Fox News anchor Megyn Kelly asked him pointed questions during a debate because she was PMS'ing.

Trump, favouring truth talk as ever, told it like he sees it: Any woman acting fiercely is obviously on her period.

He's since denied the implications of his words. But regardless, it shows how much women's monthly bleeding still freaks everyone out.

During Thursday's debate, Kelly pressed Trump on his views of women (he's called Arianna Huffington "a dog," others "slobs" and "fat pigs").

Trump, in response, called Kelly a bimbo on Twitter. He told CNN she was a "light-weight" trying to act tough "reading her little script."

"You could see there was blood coming out of her eyes. Blood coming out of her ... wherever."

And that is what it takes to truly ostracize the Republican Party. Republicans slammed Trump "with a vigour not seen

during previous controversies during his presidential bid," to quote CNN. He was even dis-invited to a major Republican presidential event.

Not for calling Mexicans rapists. Not for his other demeaning comments about women (see above).

Apparently, mentioning a woman's bleeding is the lowest a Republican can go.

I would have considered period activism the province of young feminists learning that periods aren't weird or shameful. But menstrual blood still makes international headlines: Whether you're a marathon runner who got a Q & A with Cosmopolitan for bleeding while running, or you're an Instagram user getting shut down for posting photos of bloody sheets — periods are news.

There are a few ways to slice it. Maybe the spectre of menstrual blood remains extra gross or frightening. Or maybe, "period" is a misogynist code word for women's supposed lack of emotional control.

Sure, what Trump said was despicable. But most of what Trump says is despicable, mostly because he's direct about some despicable points of view other politicians prefer only to imply.

I don't have an answer to this one, but I am wondering: Why are periods the trump card?

Some health apps work, but do your homework

THE SCIENCE

Stephanie Orford



This September, the federal government is aiming to help you start your fall regimen properly with a new health incentives app called Carrot Rewards.

The \$15-million tool, created by Canadian developer Social Change Rewards, provides cash-value incentives for Canadian users who make healthy lifestyle choices (cooking healthy recipes, joining fitness groups).

Carrot is just one of more than 100,000 smartphone health apps out there — and the market is growing. They can be a great way for people to monitor their health, and in some case they can help motivate users to identify issues and treat

them.

Calorie-tracking apps like My Fitness Pal help users track their energy inputs and outputs, and indicate whether they're meeting a few key nutritional needs such as protein and vitamin intake.

Clue, a period-tracking app, allows users to record the timing of their period, their pain and other physiological observations, and helps women estimate when they're most likely to get pregnant.

But not all health apps are equal before science.

Last year a study published in breast-cancer journal The Breast found that the vast majority (about 85 per cent) of apps dedicated to breast health were not regulated or created using professional input.

And an earlier study found little evidence at testing to the efficacy of

295 cancer apps.

A 2013 study of women's health apps found that eight out of 10 weight-loss apps were effective at helping their users achieve weight loss, but found little evidence that other types of health apps were effective.

Smartphones are a powerful tool to collect and analyze personal health data inexpensively. They can potentially be used to flag health problems and provide potential preventive solutions.

And they can pre-empt health-care costs incurred by patients who would otherwise put off visiting a doctor until their health conditions were too severe to ignore.

But just because it's a slick smartphone app doesn't mean it's backed by good science. Before you download the app, do the research.

Smartphones are a powerful tool to collect and analyze personal health data inexpensively ... But just because it's a slick smartphone app doesn't mean it's backed by good science.

Stephanie Orford is a Vancouver-based writer. The Science appears every other Wednesday.

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"SHADOW IS THE MEANS BY WHICH BODIES DISPLAY THEIR FORMS."

LEARNED A YIN-YANG



Behind the covers of Chip Kidd

GRAPHIC DESIGN

Working on Japanese books brings a new way of seeing

Famed graphic and book designer Chip Kidd has been designing covers for Japanese writer Haruki Murakami's books at Knopf for 20 years.

He's visited Japan and has been inspired in part by what he found in the jimbocho anti-

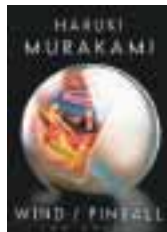
quarian book section of Tokyo. "I could spend a couple of weeks there," he told Torstar News Service in an interview, "because you see everything from traditional Japanese bookmaking, then how they were influenced in terms of design by the West ... It's a whole other way of visually thinking. We are left to right and they are right to left."

Here, some more of Murakami's book covers, with comments from Kidd on inspiration, challenges and successes.

TORSTAR NEWS SERVICE



Book designer Chip Kidd in his studio. CONTRIBUTED



Wind / Pinball

I work with a photo-grapher and image-maker named Geoff Spear and we worked on The Wind-Up Bird Chronicle and we worked on Kafka On The Shore. You know he's sort of a magician: I say (to him), "You know I want a giant pinball and we're going to see a reflection of this particular pinball machine in it" and so he did it and it was really great. And we go back and forth and hone it. And then I realized after it was accepted that the image of the pinball machine, of the rocket ship is on the left, and the clear, just the sheen of the chrome is on the right. But the title is Wind/Pinball. But when you look at this it's Pinball/Wind. Then I thought, no, this is perfect, because if you read the image right to left (as you would in Japanese) it is Wind/Pinball.



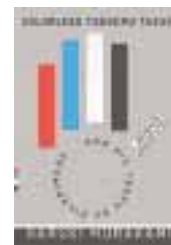
The Strange Library

The brief, as it were, on The Strange Library was to make an extremely visual book out of what is essentially a short story and could be conceived as a short story for a younger audience. You know I also have to say that I'm so thrilled that the Canadian publisher Random House Canada has used my designs because they didn't have to. They could have created their own. But they went along with just about everything that I've worked on ... and I really appreciate it.



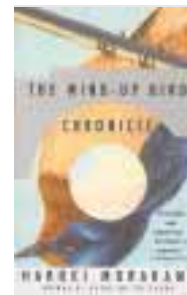
1Q84

The 1Q84 jacket almost didn't happen because they couldn't find a bindery that would be able to (handle it. The hard cover had an image with a semi-transparent jacket overleaf). It would have had to be done by hand as opposed to by a machine and that would have killed it for obvious reasons — we're talking over 100,000 books. So Andy Hughes (our head of production) found a bindery who was willing to take it on as long as we would give him a quarter inch play in either direction. Sometimes the title lined up perfectly and then sometimes it would shift to the left or to the right. But even if it shifted then you'd get this kind of nice white drop shadow and it wouldn't impede the readability of it.



Colorless

The trickiest by far was Colorless. Our head of production (at Knopf) is a guy named Andy Hughes who's ... just really, really brilliant at figuring out how to get these designs mass produced. But I think with Colorless ... I had a special excitement because the book debuted at No. 1. That was a huge symbolic milestone for him, plus I'm very proud of the design. It's strange, it's abstract, it initially doesn't really appear to mean anything although I was hoping that potential readers would be enamoured of it as an object first, then as you read it you figure out why the design looks the way it does. Then it makes more sense and takes on more meaning.



The Wind-Up Bird Chronicle

It's hard to pick (a favourite) I think that the way we were able to do Wind-Up Bird was really for me, because I was able to involve again my friend Geoff Spear and the cartoonist Chris Ware and blend their work together on this giant wind-up bird. And the way that works with the whole interior was for me a sort of revelation about how to design a novel starting with a deck and then going into the inside and how they work with each other.



After Dark

(My trips to Japan) influenced me a lot especially in terms of just getting to understand the visual culture. There was a Murakami novel called After Dark and I was in Tokyo when I was working on that. I took a photo of a pachinko parlour ... and it was late, it was like midnight or one in the morning. So I took a picture of it and it had these funky glass doors that slid closed just as I was taking the picture. And I got angry. But it turned out that's what we ended up using because it looked so interesting, it looked more interesting than if the doors had been open.

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Gone Girl writer back in Dark Places

FEMALE ANTI-HEROES

Another Gillian Flynn novel goes Hollywood



Ned Ehrbar
MetroLife

When Gillian Flynn sat down to write her novel *Dark Places* she really, truly tried to centre the story on a less troubled female protagonist, but that just wasn't in the cards. "In the first draft, I was like, 'I'm not going to write another dark female narrator.' And the Libby I created was just ridiculous," Flynn explains. "She was more, 'We're going to solve this murder! Let's go!' Really optimistic. Like a jazzercise instructor. Ludicrous. So I just erased her and started over again, with the opening line of the book: 'I have a meanness inside of me.' Then I really had her."

It may sound crazy, given Flynn's success with novels that portray darkly complicated, complex female characters, but that approach was something of a tough sell early on.

"When I first started writing



Gillian Flynn, who picked up a best adapted screenplay award for *Gone Girl* at the Critics' Choice Movie Awards, has another novel, *Dark Places*, adapted for film. GETTY IMAGES

'Men will definitely not want to read about a woman who's bad.' And I was like, 'What era is this?'

Author Gillian Flynn

my first book, *Sharp Objects*, I was writing it with a little sense of a vacuum of interesting female characters — in

particular female anti-heroes," Flynn says. "We got turned down by quite a few places that said, 'Women aren't go-

ing to read about a woman they don't like. And men will definitely not want to read about a woman who's bad.' And to me, I was like, 'What era is this?'"

Those publishers are likely kicking themselves now, since Flynn followed *Sharp Objects* up with the novels

Dark Places and *Gone Girl*. That bestseller became a hit film from David Fincher, starring Ben Affleck and Rosamund Pike — with a script adaptation by Flynn herself — and now *Dark Places* has hit theatres, starring Charlize Theron as Libby, the troubled woman revisiting the horrific murder of her family

when she was a child.

Given the success of *Gone Girl* and with Flynn now seeing *Dark Places* adapted for the screen, it would be understandable if she started planning out her future books with an eye toward how they might do as movies. But she swears she hasn't.

"I don't think so, but I have not started the next book — don't tell my publisher, that's off the record," she jokes. But kidding aside, it's not an approach she'd advise for herself or other writers, as the results can be not so impressive. "I think writing a book with film in mind is a way to write a really bad book. You can usually tell those books are sort of packaged to become films," she says.

Which is not to say her recent forays into Hollywood won't have some sway on her creative process going forward, of course. "I think that will be one of those things, one of those voices on my shoulder — shoulders? Now I've confessed too much! — that I'll be kind of battling a little bit with the next book, is trying to fight that urge to make it seem commercial or filmable or whatever it is," Flynn admits. "Because, you know, you don't necessarily read *Dark Places* and think, 'What an easy thing to film!'"

BLACK CHALK

New novel shows there's no such thing as just a game

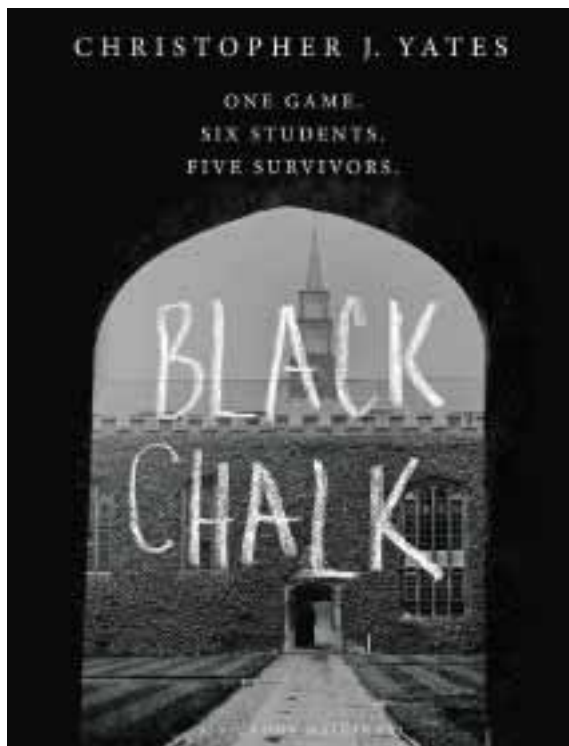
Emily Laurence
Metro in New York

As a puzzle and crossword maker, it's no surprise Christopher Yates enjoys a good game. But his novel *Black Chalk* takes the idea of friendly competition to a whole new level implying that life itself is a game. "Why else do you think we call ourselves the human race?" the book asks.

"There's a quote I like from Gore Vidal: 'Every time a friend succeeds, I die a little,'" Yates says. "Some people say it's a great quote and really expresses something true. Other people are absolutely mystified. They can't understand the idea of being jealous by someone else's success."

The book is about six friends studying at Oxford University who make up a game. At first the consequences of losing a round are silly. But over time, the consequences become life-altering, at times deeply humiliating and ultimately change the players forever.

"I came up with the idea for the very game with a friend when I was at Oxford," Yates



Author and crossword puzzle writer Christopher Yates looks at how games can reveal who we are in *Black Chalk*. HANDOUT

says. "We never played the game, which is probably fortunate. But to a large degree, writing this book was me imagining what would happen if we did play the game."

The structure of the book jumps between present day and the college days in 1991. The narrator is a recluse living in the East Village in New York, and at times, the reader doesn't actually know which one of the characters is narrating the book.

Yates uses various other tricks to keep the reader guessing the whole way through.

"I did a lot of those things as a way to entertain myself while I wrote it," he says. "I think I almost turned the book into some sort of puzzle, even a puzzle for myself, and I had to work out how to make the different pieces work together to make a satisfying structure for the reader." Yates says the way a person plays a game says a lot about their psyche. "Almost any time competition gets involved, it can reveal something about the people who are playing it," he says. "Almost any game can descend into casting a bad light on human behaviour."

INSIDER INFO



Expert crossword puzzle maker and author Christopher Yates shares his tips for solving the hardest crosswords

1. Three-letter words

"When you make up a crossword puzzle, you are often forced to use obscure three-letter words," Yates says. He suggests Googling "crosswords three letter words" to build a base of the most common ones.

2. Look to the suffix

Yates says if a clue ends in -ing, there's a good likelihood the answer ends in -ing as well. Same goes for -ed. "Just pencil in (the suffix) and

see if it helps. It just may point you in the right direction and help you solve some other clues connected to the answer word.

3. Take a break.

Sometimes the best thing you can do is put down the crossword and do something else. "Your brain is still working," he says. Chances are, when you sit back down, an idea will pop in your head.



With *Wicked and Weird: The Amazing Tales of Buck 65*, Rich Terfry continues in his confessional tradition. HANDOUT

BUCK 65

Hip-hop artist and CBC host releases memoir

BOOKWORM

Sue Carter



Driving into Mount Uniacke, a rural community 40 kilometres outside of Halifax, you will encounter a wooden sign welcoming visitors to the "The Home of Buck 65."

Rich Terfry (a.k.a. Buck 65), Mount Uniacke's most famous son, earned the keys to the town: first, as a major-league hopeful with a lightning-fast arm, then as a Juno Award-winning hip-hop artist, a CBC Radio host, and now author. And yet the release of Terfry's memoir, *Wicked and Weird: The Amazing Tales of Buck 65*, published by Doubleday Canada, has the Nova Scotia native a little nervous about the response back home.

"I wanted to capture the spirit of the place and do it justice, but the tricky part is that a lot of the stuff that happened there was never talked about," he says. "And now I'm talking about it, for everyone to see."

Revealing "a hometown fuelled by secrets" is nerve-racking for sure, but the stories come with a warning. In the book's foreword, Terfry declares that his "imagination remains more reliable than my memory," a sly warning to readers not to believe everything on the page.

Terfry carries out on the weird promise alluded to in the title. In the first half of the book's coming-of-age story, there are Paul Bunyon-esque circus freaks and baseballs thrown so hard they fly into outer space, holes dug halfway to China that swallow up a man.

For those familiar with Buck 65's autobiographically inspired lyrics or his yarn-spinning broadcasts on the CBC Radio program *Drive*, it's no surprise that the memoir is fuelled by his "taste for the fantastical."

"I got this idea in my head



a long time ago that I never wanted to be perceived as boring. No one is ever going to say that guy's a snooze," he says. "I grew up in a family where storytelling was a big part of the culture. Stories became tall tales, and the fish caught become this big," he says, stretching his arms.

But underlying the personal mythology are the darker thoughts of an introverted young man growing up in a rough town, coping with the death of his beloved but volatile mother, a heavy-drinking father, adolescent infatuations and a promising baseball career

cut short by physical injury.

The second half of the book reads as something of a confession, recalling Terfry's breakout as a successful music artist, a retreat to Paris and, most importantly, his relationship with ex-wife Claire Barest — who sang on several tracks on his album *Secret House Against the World*, and whose breakup with inspired his 2014 album *Neverlove*.

In the past when Terfry has publicly opened up — first through his music (his song *Ice*, about his mother's death, led to a record deal with Warner Music), and later through social media (earlier this year he admitted on Facebook to creating "a false image of myself"), he's discovered fans willing to listen to his words and empathize.

"It's been scary, and it still is," Terfry says. "But the response has been so good. Opening up to people I've been given so much positive reinforcement, and as time goes on, I felt safer and safer doing it. So it's something that I continue to do."

Sue Carter is the editor at *Quill & Quire* magazine.

ELIZABETH HAY

Novel shaped by referendum

Strong personal regrets and a fascination with how Canadians have been shaped by the 1995 Quebec referendum played a role in the genesis of Elizabeth Hay's new novel, *His Whole Life*.

The story centres on Jim, a young boy who desperately wants a dog.

Hay says she now wishes she got her own son a dog when he really wanted one.

"So I thought in this book I could give the boy a dog and I would have him be extremely attached to Canada," says Hay during a telephone interview from her Ottawa home.

"But it wouldn't be simple because the boy would have a Canadian mother and an American father and there'd be this kind of cross-border division of loyalties in his life."

Hay, who lived in New York with her American husband for six years, dedicates *His Whole Life* (McClelland & Stewart) to their son and daughter, "reluctant Canadians."

"My son was four and my daughter was seven when I dragged everybody to Canada (in 1992), what for me was home, and I don't think my kids have ever forgiven me for robbing them of New York," she says.

Hay also wanted to write



a book in which the mother and son are dominant and the father is a fifth wheel who, in the end, has the last laugh.

As *His Whole Life* opens, Canadian expat Nan and her American husband George are travelling from New York with their son to a lake in eastern Ontario, as they do every summer.

Ten-year-old Jim asks his parents what is the worst thing they've ever done, a question that resonates throughout the novel.

Nan eventually figures out what her son needs to hear.

The reader learns about the boy's "worst thing," though Jim never reveals it to his mother.

"And then the question itself takes a turn," Hay says. "What if the worst thing is also your best thing?"

"This is a personal question for Nan: If something that she's done, which at one time she thought was actually a good thing to do, in hindsight is really one of the worst things she's done."

"And it plays on the political level, too, in terms of (former prime minister Pierre) Trudeau in his dealings with Quebec. In bringing the Constitution home without getting Quebec's approval, did he do more harm than good?"

In using the referendum — in which Quebecers voted on whether to form a sovereign state — as a backdrop, Hay portrays a family that's staying together and falling apart at the same time that Canada was in turmoil.

She's long been fascinated by the drama of the 1995 referendum and the whole nature of divided loyalty.

"How often in a country's history do you have a situation where you get to really understand how much you care about a country?" she says.

THE CANADIAN PRESS

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featuring



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JUSTIN ARON Acoustic

5:15 pm - 6 pm
Double Shot

6:15 pm - 7 pm
The Bobcatz with
Barry G. Player

7:15 pm - 8 pm
The Rock Show

9:30 pm - 11 pm
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GOSSIP BRIEFS

Stewart not talking about sexuality

During her chat with Nylon magazine, former Twilight star Kirsten Stewart was asked to define her sexuality, but she'd rather not if that's cool.

"I don't feel like it would be true for me to be like, 'I'm coming out!'" she says. "I think in three or four years, there are going to be a whole lot more people who don't think it's necessary to figure out if you're gay or straight. It's

like, just do your thing." NED EHRBAR/METRO HOLLYWOOD

Smith calls out homophobia

Sam Smith took to Instagram this week to put one particular follower that had been ha-

assing him on blast.

"This genuinely doesn't offend me, (because) I'm way too (thick-)skinned when it comes to this kind of s—," Smith writes. "But I just wanted to share this with everyone, so you can see how

homophobia is still so present in our society." The account in question, named @gaysam-smith, has five followers and zero posts, with an account description that bashes Smith with homophobic language.

NED EHRBAR/METRO HOLLYWOOD

RELATIONSHIP

Tabloids faze Faris

Anna Faris and Chris Pratt are uncomfortably adjusting to life in the tabloid glare now that Pratt is one of the biggest movie stars in the world. For instance, Faris wasn't too thrilled by a Star magazine report this summer claiming she was worried about Pratt cheating on her with Jennifer Lawrence while they shoot a new movie together.

"For us it was like, 'What the heck?' This has been blindsiding to us. We

have an incredible relationship. It's been weirdly stinging," she tells Fox411.



"(That) stung a little bit harder than I thought it would. I have always kind of believed that part of the rumours of celebrity couples were sort of true — because they had never been a part of my life. I thought 'Maybe there is a kernel of truth to that.'"

NED EHRBAR/METRO HOLLYWOOD

HOMES

Swift not buying a castle near her prince

This week in Taylor Swift rumour debunking: The Shake it Off singer is not — I repeat, not — buying a castle in the Scottish countryside to be closer to boyfriend Calvin Harris' family.

The castle in question, the Tower of Lethe-

ndy, would cost about \$7.2 million but put her just an hour's drive from Harris' family homestead.

But alas: "I'm not actually buying a castle," she tweeted. So there you have it.

NED EHRBAR/METRO HOLLYWOOD

Olsen twins are having a bad week

LAWSUIT

Unpaid intern takes Dualstar to task over brutal hours

IN HOLLYWOOD

Ned Ehrbar



Not cool, ladies. Not cool. Mary Kate and Ashley Olsen are having a less-than-awesome week, as the former child stars are being sued by a former intern, Shahista Lalani, for being over-worked with no pay.

Lalani is leading a class-action lawsuit against the

twins' company, Dualstar Entertainment, where she worked as an intern in 2012.

"I was doing the work of three interns," Lalani says of her time under the designer for the Olsens' The Row label, according to the New York Post. "I was talking to her all day, all night. Emails at night-time for the next day — like, 10 p.m. at night. It was, like, 100 degrees outside. I'd just be sweating to death. I probably carried, like, 50 pounds worth of trench coats."

Sounds like someone forgot to watch The Devil Wears Prada before starting her internship.

"You're like an employee, except you're not getting paid," she added. "They're



The twins' company, Dualstar Entertainment, is staying mum over allegations. ALL PHOTOS GETTY IMAGES

kind of mean to you. Other interns have cried. I'd see a lot of kids crying doing coffee runs, photocopying stuff."

That ... sounds about normal for an internship in the fashion world. Lalani does say that the Olsen twins themselves are totes cool, though: "They're really nice people. They were never mean to anyone."

Oh, and in a great example of corporate shade, a rep for the company simply says, "Dualstar is not aware of this (lawsuit)." Burn.

bug beauty

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What they're asking

The average sale price of a Canadian home rose eight per cent in May, to more than \$450,000 for the first time ever, according to the Canadian Real Estate Association. Here's a lineup of properties that can be purchased for \$400,000 to \$500,000.

Duncan McAllister FOR METRO

ASKING PRICES WERE ACCURATE AT TIME OF PUBLISHING.



\$399,900

Winnipeg

This is an 1,807-sq.-ft. Cabover Family home at 90 Sedona Cres., in the North Meadows district. Listing agent Chris Kenny says it was custom-built for its current owners in 2006 with no expense spared. The basement was finished professionally by the builder to ensure consistent quality and flow throughout. There's a gas fireplace and an oversized two-car garage. The fenced backyard has a deck and garden shed. There are four large bedrooms throughout with a sunny kitchen and living room. Kenny is a sales representative with Re/Max Professionals, 204-899-4858.



\$459,900

Halifax

With four levels of living space, this executive home is located on a large lot in the heart of Bedford. The floor plan features plenty of open space and nine-foot ceilings. The kitchen features granite countertops and ceramic flooring. The second level has a large master suite with ensuite, and a generous spare bedroom and office. There's a fully finished basement, built-in sound system and wine cellar. Listing agent is Thomas Bagogloo from the Bagogloo Team, Re/Max nova, 902-830-9006.



\$489,900

Calgary

This detached bungalow sold at press time above list price. The Brentwood neighbourhood was recently voted by Calgary's Avenue Magazine as the No. 2 community to live in. This four-bedroom home is situated on a large, sunny lot. The entryway leads to an open-plan living room with fireplace. The huge kitchen has plenty of storage and there's a large dining room. It's within walking distance to schools, shopping, the C-Train and several malls. Bryon Howard is a sales representative for Re/Max House of Real Estate, 403-589-0004.



\$464,900

Vancouver

This well-maintained, two-storey townhome in Burnaby features an open-concept living and dining room and has a well-appointed kitchen with granite counters, undermount sink and plenty of storage space. It's a convenient central Burnaby location, adjacent to Broadview Park and close to transit and amenities. The unit has an upstairs laundry and comes with one parking stall and a storage locker. The bedrooms are separated from each other for privacy. Listing agent is Angela Reeves with Royal LePage West R.E.S., 604-897-7033.



\$457,000

Ottawa

Here's a four-bedroom home in the Riverside Park South area. Listing agent Emad Fadel says that it's a very well-maintained home located in a desirable family-oriented neighbourhood. It features new ceramic tiles and hardwood floors throughout. There are new kitchen cabinets and countertops, a main-level laundry, a recreation room and a landscaped, fenced private yard. The location is close to a park and playground. Amenities are nearby as well as public transit. Fadel is a sales representative with Royal LePage Performance Realty, 613-733-9100.



\$489,900

Toronto

Here's a condo suite right downtown, with a one bedroom plus den layout. It's a 710-sq.-ft. floor plan with a 250-sq.-ft. terrace. The suite has unobstructed views of the lake, with floor-to-ceiling windows and a Scavolini kitchen. Included is a parking spot and locker. It's walking distance to the Distillery District and the Yonge subway. The suite includes a stainless steel appliance package and the amenities include visitor parking, concierge, and a rooftop terrace. Listing agent Alex J. Wilson is with Re/Max Condos Plus, 416-996-5181.



\$459,900

Edmonton

For sale is an upgraded two-storey home in the Brintnell neighbourhood, located on a quiet crescent, with an open-concept main floor with nine-foot ceilings. The kitchen features a breakfast nook and a dining area. Upstairs, the master bedroom includes a walk-in closet and ensuite. The basement has been soundproofed and roughed-in for home theatre. The lot features professionally finished landscaping and there's an oversized, double garage with an extended driveway. Jeremy Amyotte is a sales representative with Re/Max Elite, 780-232-7170.

Sleep in style

The best in fall 2015 bedding has hit the stores. Here are a few of my favourite ensembles each teamed with two paint colours (all Benjamin Moore paint swatches). Even if you only paint the one wall behind your bed, you'll create a focal point in your bedroom and make your new bedding stand out.

DESIGN CENTRE

Karl Lohnes



Soothing bedding palettes deserve similar wall colours so take your colour cue directly from the bedding.

Barbara Barry Poetical Duvet Cover, \$200, BedBathAndBeyond.ca

LEFT: Got a dark room? Choose a light reflective colour like **Silver Mink #1586**

RIGHT: Create a cosy, cocoon-like feeling with **Plymouth Brown #HC-72**

Only working with one colour? Then either choose the exact colour of the bedding to highlight your walls or an opposite colour to complement.

Plum & Bow Rust Medallion Duvet Cover, \$89, UrbanOutfitters.com

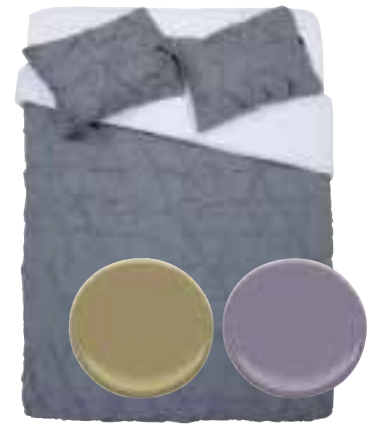
LEFT: Rust and teal are a winning and fashionable combination. **Bella Blue 720**
RIGHT: Deep rust has returned from the 1970s and this is the one! **RedRock 2005-10**



When decorating around boldly coloured bedding, find the most neutral (and easiest to live with) colours for the walls.

Chromatic Circle Duvet Cover Set, \$175, Simons.ca

LEFT: Colourful bedding can be swayed towards a masculine style with **Hearthstone 1601**
RIGHT: All colours pop when put against **Raisin Torte 2083-10**



When working with solid colours, look to the fashion runways for fun accompanying colours to paint the walls.

Moncton Duvet Set, \$100, EQ3.com

LEFT: Grey and citron create a rich, brassy wall colour to help wake up grey tones. **Ivy League 516**
RIGHT: Sexy, sexy, sexy — that's all I can say about **Tropical Dust 2117-40**

TREND

Let there be upcycled lighting

Household objects, industrial cast-offs and vintage farm tools — all these and more are being salvaged and up-cycled into lighting fixtures that range from elegant to funky to pure wow.

The trend is evident at eateries like Malai Marke, a stylish Indian restaurant in New York City's East Village, where light in the dining room glows from bulbs surrounded by green wine bottles arranged in a circle, empty but corked.

It can be seen on websites like Pinterest, where the Up-cycled Lighting Obsession board shows bulbs affixed to old skateboards, the metal innards of a box spring, bird cages, teacups and an upside-down colander.

And it's become a career for Robert Nicholas in Asheville, N.C., whose dramatic showpiece chandeliers made from all kinds of vintage objects sell for up to \$6,000.

Nicholas' materials range from the wooden roof of an old gazebo to tobacco stakes, which were used to harvest and dry tobacco leaves and are part of North Carolina's agricultural history.

The gazebo-turned-chandelier is going to be a showpiece for a local brewery; the tobacco-



Lighting fixtures in a North Carolina showroom made from a turbine, left, and the skeletal frame from a gazebo roof.

ALL PHOTOS THE ASSOCIATED PRESS



A light fixture at an Indian restaurant in New York made from green wine bottles.

co-stakes fixture ended up in Miami. "You're taking something that may feel more in-

digenous to a cabin in North Carolina and you're putting it in a modern home in South Beach," Nicholas said.

In fact, many of his fixtures have an urban-chic sensibility despite their authentic rural roots, a style he's dubbed "modern folk."

Yet when it comes to an object's original purpose, Nicholas said, "I don't really care what it was, but I'm intrigued by what it was. It really is more about the esthetic look of it and the potential of what it can become," along with its potential for a "wow factor."

THE ASSOCIATED PRESS

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metro SPORTS

The Mariners' 10th-inning win Tuesday ensured home teams won all 15 games on the same day for the first time in MLB

IN BRIEF

Carl leads Goldeyes to shutout of Canaries

Edwin Carl was masterful for the Winnipeg Goldeyes Wednesday night as the club secured the series with a 3-0 victory in Game 2 over the Sioux Falls Canaries.

Carl tossed a complete game three-hit shutout with nine strikeouts, retiring the Canaries' order 1-2-3 six times in a lightning-fast one hour 57-minute ball game.

"It was a big win, pushing for a wild-card spot," said Carl, who now sits at 2-0 on the season with an 2.49 ERA and an impressive 19 strikeouts in his last two outings. "And after last night's excitement we tried to keep it rolling today."

A total of 6,056 fans came out to see the surging Fish on a hot and muggy night after Tuesday's walk-off home run heroics from Luis Alen, but on this night Carl was the one who was well worth the price of admission.

"I think being at home is always more comfortable. The support from the fans, it's definitely a plus being at home," added the 26-year-old. "I took a no-hitter into the ninth earlier in the year. I didn't end up with it, but kind of the same feeling. I felt good out there."

The Goldeyes (35-40) sit 6-1/2 games back of the American Association wild card with 25 games to play.

DARRIN BAUMING/FOR METRO

Blue Jays take division lead with 10th straight win

Chris Colabello and Justin Smoak each hit three-run homers, and the surging Toronto Blue Jays put up seven runs in the second inning en route to their 10th straight victory, 10-3 over the Oakland Athletics on Wednesday.

Toronto (63-52) leaped into first place in the American League East after the Yankees fell 2-1 to the Cleveland Indians.

THE CANADIAN PRESS

Iwakuma tosses no-hitter

Hisashi Iwakuma struck out seven and walked three as he threw a no-hitter, leading the Seattle Mariners to a 3-0 victory over the Baltimore Orioles on Wednesday. THE ASSOCIATED PRESS

Marve counting down moments to first start

CFL

QB was once told by a doctor his career was over

Robert Marve has overcome a serious car accident, three torn knee ligaments and more than a year on the sidelines waiting for his first pro football start.

The Winnipeg Blue Bombers third-string quarterback will get the chance to be the No. 1 guy Friday when the injury-riddled Bombers (3-4) host the Toronto Argonauts (4-2).

Head coach Mike O'Shea confirmed after a storm-shortened practice Wednesday he's giving the start to Marve over backup Brian Brohm as the team prepares to cope without injured starter Drew Willy for at least six to eight weeks.

"I'm happy," Marve, 26, said. "There was a day that a doctor told me I wasn't playing ball no more, so to be here to play, to have to interview again, all this is kind of surreal a little bit."

Marve was signed by the Bombers in March 2014 and is known for his upbeat nature and ability to scramble. Usually used in short-yardage situations, he's completed four of seven pass attempts this season for 49 yards with no touchdowns and one interception.



The Bombers have used Robert Marve as a short-yardage specialist. JOHN WOODS/THE CANADIAN PRESS

Describing himself as an "energy guy," the Tampa, Fla., native didn't always have a lot to be happy about in his football journey.

He set state records as a senior in high school and was about to attend the University of Miami when he was involved in a summer car accident.

His friend fell asleep while

driving and the car rolled over, breaking the wrist of Marve's non-throwing arm. The driver broke a neck vertebra (he needed a brace for a while) and another passenger had minor injuries.

Marve sat out his freshman year, but played in 2008. He then transferred to Purdue University, but tore the anterior cruciate ligament in his left knee during

a summer practice. It didn't affect playing time as he had to sit out the season anyway because of transfer rules.

After four games in 2010, he tore the same ACL again. Granted an extra year of eligibility for 2012, he tore the knee for a third time, but continued playing with the injury.

Surgeons gave him a new ACL

+ WEEK 8 PICK



Argos at Blue Bombers, 7 p.m. Friday

Robert Marve makes his first CFL start for Winnipeg (3-4) with incumbent Drew Willy (knee) out six to eight weeks. Willy has completed 107 of 156 passes (68.6 per cent) with eight TDs against just three interceptions while Marve has tried seven passes this season. Trevor Harris threw for 316 yards and two TDs to rally Toronto (4-2) past Saskatchewan 30-26 on Saturday night. He leads the CFL in passing (1,819 yards) and TDs (14) and helped stake the Argos to a 3-2 record away from Rogers Centre. **Pick** — Toronto.

by using patella tendons from the same knee, he said, adding there are no problems now.

"I feel like God kind of puts you in situations you can control so that's how I feel now," Marve said. "I'm happy."

"My dad's birthday is on Friday so we got him here ASAP. I feel blessed." THE CANADIAN PRESS

PARAPAN AM GAMES

Routliffe captures second gold medal in the pool



Tess Routliffe, pictured winning the silver medal in the women's SM8 200-metre individual medley on Tuesday in Toronto. DARREN CALABRESE/THE CANADIAN PRESS

Tess Routliffe won her second gold medal at the 2015 Parapan American Games as Canada continued its impressive showing in the pool.

The native of Caledon, Ont., swam to a gold medal in the S7 100-metre freestyle Wednesday, while teammate Sarah Mehin of Vernon, B.C., took silver.

It was Routliffe's third medal of the Games, but the 16-year-old said she's still learning how to win in the pool.

"Racing, you need to have experience," said Routliffe, a dwarf, who won in a Parapan

+ TOSS BOSS

Toronto's Jason Roberts earned gold in F32-34 men's shot put with a personal-best toss of 10.33 metres while Kyle Pettet, from Brampton, Ont., claimed the bronze (8.93).

Am Games record one minute 15.46 seconds. "The experience helps you a lot because you know what you are dealing with, how to handle stress, how

to handle competitors."

Routliffe won a silver medal at last month's IPC Swimming World Championships in Glasgow, Scotland. She was fourth in four other races.

"That gave experience on how to race and how to perform," said Routliffe, who also won gold in the 50-metre freestyle in Toronto. "This is just giving me even more experience."

Canadian swimmers won 53 medals (14 gold, 23 silver, 16 bronze) — second only to Brazil's 55 — up to Routliffe's latest victory. THE CANADIAN PRESS

RECIPE Roasted Corn and Split Pea Salad with Grilled Shrimp



EAT LIGHT AT HOME

Rose Reisman
rosereisman.com

@rosereisman

Ready in

Prep time: 15 minutes
Cook time: 25 minutes

Serves 4

Ingredients

- 1/2 cup dry green lentils
- 2 corn cobs (husks removed)
- 8 oz large deveined and shelled shrimp
- 1 cup diced red bell pepper
- 1 cup grape tomatoes, sliced in half
- 2 small baby cucumbers, diced
- 1/3 cup diced red onions
- Dressing
- 3 Tbsp lemon juice
- 2 Tbsp olive oil
- 2 Tbsp maple syrup
- 1 tsp minced garlic
- 1 tsp jalapeno (seeds can be used)
- Salt and pepper
- 1/3 cup chopped cilantro or basil

Directions

1. In a pot of boiling water, cook lentils just until tender, about 25 to 30 minutes. Do not overcook. Drain and rinse with cold water. Add to serving bowl.
2. Meanwhile, grill or sauté corn cobs for about five minutes. Cool and cut kernels off corn. Add to lentils.
3. Grill or sauté shrimp until just cooked, about five minutes. Set aside.
4. Add bell peppers, tomatoes, cucumber and onions.
5. Dressing: combine all ingredients and pour over salad. Garnish with shrimp.

Nutrition per serving

- Calories 124
- Protein 12 g
- Carbohydrates 9 g
- Total fat 5 g
- Cholesterol 86 mg
- Sodium 87 mg

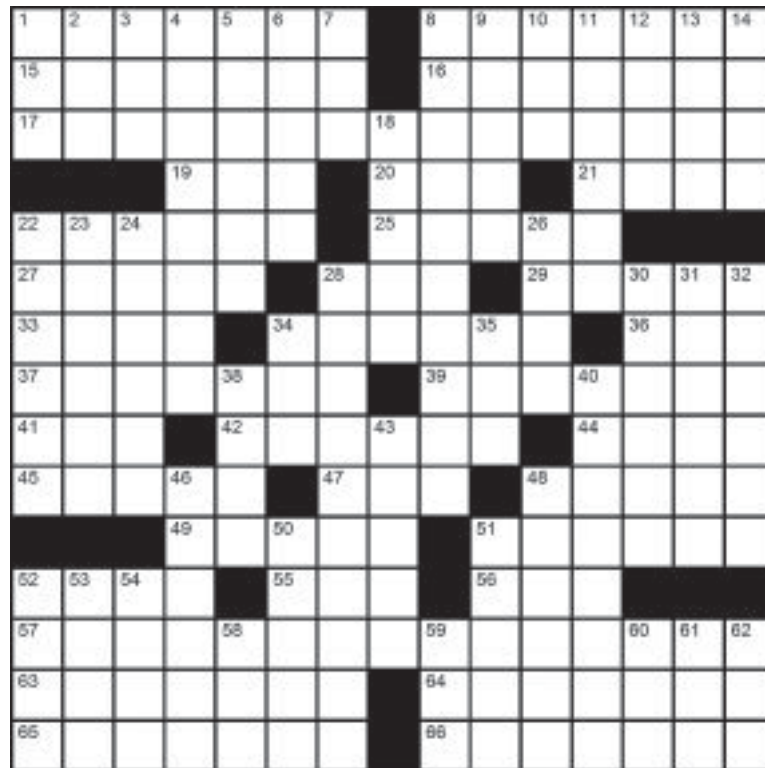
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Way to serve apple pie: 3 mots
8. In an unflappable manner
15. Piano performance
16. BC: Skeena River city
17. Annual summer music festival in Ontario, Hav- elock _ _
19. Minute bit
20. Band's blast- er, briefly
21. 'Kind' suffix
22. Kitchen stor- age area
25. Fern 'seed'
27. Brings up
28. Tilling tool
29. "Vega\$" star Robert
33. Great Lake
34. Supper, cute-style
36. "O Sole _ _"
37. Phones a radio show: 2 wds.
39. Painter (born in 1541 on the island of Crete) of the Opening of the Fifth Seal: 2 wds.
41. Driver's 4x4, commonly
42. "Snow Falling on _" (1999)
44. Mountain stat.
45. " _ firma!" (Land!)
47. Oz Auntie's namesakes
48. Soup scooper
49. Space shadow
51. Holidays, slang-style
52. "Such a



shame."

55. Roman Myth: Household deity
56. Shakespearean suffix
57. Bit of "Delta Dawn" by Tanya Tucker who is on the line up for #17-Across: "...say he was a-meeting

- you here today / To take you to his _ _ _ _ _?"
63. Debit card service in Canada
64. Emphasize, as an important point
65. Say again
66. Most brief

DOWN

1. Curve
2. Zodiac sign
3. Prefix with 'puncture'
4. " _ Gypsy": 1973 hit for #8-Down and "Wild Eyes"
5. Aquatic mammals
6. Mr. _ Pride and

- Prejudice gent
7. Cathedral city
8. Band from Calgary set to play at #17-Across (Trivia! Their hits include the song at #4-Down and "Wild Eyes")
9. Musical pace
10. Royal symbol

11. Clothing creases ceaser
12. Concern
13. Hotshots
14. Sheltered sides
18. Mr. Bateman
22. Chopped ahead of time
23. Get the drink to fizz
24. Hammer user
26. Ladder step
28. Deterrent/progress obstruction [var. sp.]
30. Shoes collector Ms. Marcos
31. Actress Ms. Tyson
32. Horse feet
34. Flatline
35. Elles opposites
38. Con
40. Those with their arms extended trying to grasp something
43. Canada's motto: ' _ _ Usque Ad Mare'
46. _ apple
48. Make frothy with soap
50. Belly swelling
51. Chevrolet car since 1953, cool-style
52. Mideast chieftain, variantly
53. Street for Lois?
54. Industrious insects
58. Mr. Gershwin
59. Baby bug
60. Freelancer's encl.
61. Chess pieces, e.g.
62. Nevertheless

* IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20

This may be the most productive time of the year for you but before you take on a new project make sure you know what is involved and what you will be expected to invest in the way of time, energy and money.

Taurus April 21 - May 21

The less you reveal about your true intentions today the better. You might be tempted to brag about your plans but if you do you are likely to regret it. Keep them to yourself.

Gemini May 22 - June 21

Focus your attention on one specific thing today. It may not be easy but it must be done if you want to get an important task finished before the weekend.

Cancer June 22 - July 23

Don't be tempted to change your ways just to keep up with the latest fads and fashions. Yes, of course, the old ways are not always the best but, on this occasion they are the safest.

Leo July 24 - Aug. 23

No matter how hard you try to engage certain people in conversation today you won't succeed. Don't take it personally — they have so many things on their plate at the moment.

Virgo Aug. 24 - Sept. 23

It may seem as if you have been working hard for no good reason but don't give up on it yet because some kind of breakthrough is imminent. If you turn back now you will never know what might have been.

Libra Sept. 24 - Oct. 23

Something you have been looking forward to may have to be pushed back, but later you will realize the delay was a blessing in disguise. More preparation is needed.

Scorpio Oct. 24 - Nov. 22

It will annoy you when a friend or work colleague gets something wrong because they have not done their homework. Let them know in subtle ways that they have let themselves down.

Sagittarius Nov. 23 - Dec. 21

Some of life's lessons are easier to learn than others. Bear that thought in mind today. Any lessons you learn now will pay for themselves before the month is through.

Capricorn Dec. 22 - Jan. 20

Be cautious when doing business with people you don't know and cannot completely trust. Someone who seems honest may be trying to trick you. Don't you dare fall for it.

Aquarius Jan. 21 - Feb. 19

Your patience may be wearing thin with a certain individual but don't lose your temper. It could be that they have serious problems they are trying to hide behind a brave face.

Pisces Feb. 20 - March 20

There is no point blaming yourself for something that went wrong — it was bound to happen. Start rebuilding. This time, make sure the foundations are strong.

CONCEPTIS SUDOKU by Dave Green

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